OHEC
371.14609713
059 DE/S

(P 368)
Cir. No. 35 E

ONTARIO

Ontario Department of Education

SYLLABUS

OF

SUMMER COURSES AND EXAMINATIONS

FOR

Teachers' Certificates

IN

HOME ECONOMICS

1939

PRINTED BY ORDER OF
THE LEGISLATIVE ASSEMBLY OF ONTARIO

TORONTO
Printed by T. E. Bowman, Printer to the King's Most Excellent Majesty
1939

CONTENTS

	Page
Certificates	3
Elementary Home Economics, Type C Certificate	3
Elementary Home Economics, Type B Certificate	9
Elementary Home Economics, Type A Certificate	11
Courses	4
Junior Home Economics, Part I for Type C Certificate	4
Junior Home Economics, Part II for Type C Certificate	6
Home Economics, Part I for Type B Certificate	10
Home Economics, Part II for Type B Certificate	10
Home Economics, Part I for Type A Certificate	11

Course of Study for Interim Elementary Home Economics, Type C. Certificate

Length of Course

The course will be given in two summer terms of five weeks each. One part only may be taken at a time. Part I must be completed successfully before Part II is undertaken.

Requirements for Admission

A candidate shall have at least an Interim Second Class certificate.

Application for Admission

Application should be made to the Deputy Minister not later than June 15th. Application forms may be obtained from the Department after May 1st.

Certificates

A candidate who takes the subjects and passes the examinations prescribed for Junior Home Economics, Part I and Part II shall be entitled to an Interim Elementary Home Economics Type C certificate valid in Grades VII and VIII of rural public and separate schools, graded and ungraded, with the exception of those large graded rural schools which are required to meet the conditions of the General Regulations; this certificate is valid also in certain urban public and separate schools which cannot comply with the conditions of the General Regulations and are permitted to teach Home Economics under the Special Regulations.

NOTE: A candidate who holds the Elementary Home Economics Type C certificate and who has fulfilled the other conditions of admission to the Ontario College of Education (see University of Toronto Calendar, Ontario College of Education, 1939-40) may be admitted upon application to the College of Education to the course for the Interim Intermediate Home Economics certificate in January. Such candidate will be exempted from attendance during the fall term.

OUTLINE OF COURSE OF STUDY

JUNIOR HOME ECONOMICS, PART I

A. LECTURES, RESEARCH, DISCUSSION AND DEMONSTRATION:

1. Scope of Home Economics and its place in the rural school:

2. The School Lunch:

(a) Hot Lunch;
- (i) development,
- (ii) aims—nutrition, education,
- (iii) organization and management,
- (iv) responsibilities—board, teacher, parent, pupil.

(b) Lunch Box;
- (i) selection of container,
- (ii) selection of contents,
- (iii) packing of contents,
- (iv) serving of contents,
- (v) cleaning and care of lunch box.

3. Foods and Nutrition:

(a) factors conducive to health,
(b) signs of health,
(c) food requirements of the individual,
(d) variations in food requirements,
(e) selection and care of foods to be used in the rural school lunch,
(f) study of water — sources, uses to the body, methods of purification,
(g) study of milk—composition, value in the diet, care of milk, certified milk, pasteurized milk, sterilized milk, commercial forms of milk, ways of introducing milk in the diet,
(h) study of vegetables — parts of plants used, classification, economy in purchasing, storage, composition, value in the diet—stressing the value in the diet of growing children,
(i) study of fruits — classification, selection, care and suitable storage in the home, composition, value in the diet—stressing the value in the diet of growing children.

4. Personal, Family and Community Relationships:

the pupil's relation and responsibility to members of his family, to his home and to the community.

B. FOODS — PRACTICAL WORK AS APPLIED TO THE RURAL SCHOOL LUNCH:

1. Lunch Box—planning, preparing, packing, and judging (sandwiches, fruit, raw vegetables, soups, beverages).

2. Beverages—methods of preparing and serving (fruit juices, egg-nogs, cocoa, tomato juice, café au lait, commercial preparations—ovaltine, postum).

Note: Tea and coffee in family and large amounts, for serving on other occasions than school lunch, will also be discussed.

3. Milk—junket, cottage cheese, white sauce served on toast with parsley, eggs, cheese.

4. Vegetables—principles involved in the preparation, cooking and serving of as great a variety as possible of fresh and dried vegetables:

(a) baked,
(b) boiled,
(c) vegetable sauce,
(d) vegetable soups (i) without milk,
(ii) with milk,
(soup accompaniments — toast, croutons, macaroni, vermicelli, rice, barley),
(e) scalloped dishes and use of left-over vegetables.

5. Fruits—principles involved in the preparation, cooking and serving of as great a variety as possible of fresh and dried fruits:

(a) baked,
(b) stewed,
(c) scalloped dishes.

6. Luncheons—planning, preparing, serving, clearing up.

Note: During the course each student is required to give a demonstration in foods or home management.

C. HOME MANAGEMENT:

1. Application of principles involved in the care and use of equipment suitable for preparing and serving the rural school lunch;
(silver, glass, china, utensils, linen, stoves, cleaning equipment and materials.)

2. Disposal of waste;

3. Budgeting—personal, school, home.

D. CLOTHING AND TEXTILES:

1. Purpose of clothing;
2. Textiles, fabrics used for clothing, household linens and cleaning cloths;
3. A school girl's wardrobe;
4. Care of clothing—daily, weekly, seasonal.

E. CLOTHING — PRACTICAL WORK SUITABLE TO A RURAL SCHOOL:

1. Sewing equipment;
2. Household Sewing—towels, bed linen, table linen, and other household linens, and repairs;
3. Application of constructive processes in making simple articles suitable for the grade;
4. Use, care, and operation of sewing machines.

F. THE FINAL STANDING OF STUDENTS:

	Maximum	Minimum
Term Marks:		
Foods and Nutrition	100	60
Clothing and Textiles	100	60
Home Management	100	60
Final Examination Marks:		
Foods and Nutrition	100	50
Clothing and Textiles	100	50
Home Management	100	50

JUNIOR HOME ECONOMICS, PART II

The Course for Part II is an extension of the Course for Part I.

A. GENERAL METHODS:

1. Problems of organization for classes in Home Economics.
2. Steps in the presentation of lessons.
3. Preparation, value and use of illustrative material for school use.
4. Observation of and participation in lessons.
5. Course of Study suitable for rural schools.

Note: During the course each student is required to teach at least one lesson on the work of Parts I and II.

B. FOODS AND NUTRITION—THEORY:

1. Review of work taken in Part I.

2. Study of eggs — structure, methods of preservation, composition, value in the diet, commercial preparations, digestibility.

3. Study of cheese — manufacture, composition, value in the diet, digestibility, care.

4. Meal planning and service—suggestions *re* supplementing the school lunch with food from home, school lunch, family meals.

C. FOODS — PRACTICAL WORK AS APPLIED TO THE RURAL SCHOOL LUNCH:

1. Milk—simple milk desserts.

2. Eggs—preparation of such dishes as might be used in the rural school lunch emphasizing the principles involved in the cooking of eggs.

3. Cheese—preparation of such dishes as might be used in the rural school lunch emphasizing the principles involved in the use of cheese.

4. Vegetables—review of the practical work of Part I with emphasis on salads, vegetable loaf, vegetable souffle, scalloped vegetables, sauces, garnishes.

D. HOME MANAGEMENT:

1. The Kitchen:
   - (a) floor coverings and finishes;
   - (b) refrigerator—construction, choice and care;
   - (c) furnishings, choice and care;
   - (d) milk house and cellar, ventilation and cleaning;
   - (e) buying and storing supplies;
   - (f) sanitary disposal of waste.

2. The Girl's Bedroom:
   - (a) daily and weekly care of bed;
   - (b) daily and weekly care of bedroom.

3. Care of Dining Room:
   - (a) preparation of the room for meals;
   - (b) care of the room after meals.

4. Laundering:

(a) source, properties and laundering of the principal textile fibres—cotton, linen, wool, silk, synthetic;
(b) removal of stains—rust, blood, grass, ink, fruit, grease;
(c) laundering processes—washing, bleaching, setting colours, starching, blueing, ironing;
(d) application of principles in the care of towels, dusters, uniforms, etc.;
(e) selection and care of laundry equipment—tubs, boilers, wringers, pails, clothes lines, etc.;
(f) simple soap making.

5. Home Care of Sick:

(a) general health rules;
(b) personal hygiene;
(c) personal care of patient before and after meal;
(d) selection, preparation and serving of food for the sick;
(e) care of sick room;
(f) bedmaking;
(g) giving medicine and taking temperature;
(h) first aid—cuts, burns, nosebleed, frost bites, fainting, sunstroke, electric shock, sprain, insect bites, drowning, poisons (monoxide gas, poison ivy), simple bandages.

6. Personal, Family and Community Relationships:

An extension of the work of Part I to include care of pre-school child, care of baby.

E. THE FINAL STANDING OF STUDENTS:

Term Marks:	Maximum	Minimum
Foods and Nutrition	100	60
Home Management	100	60
General Methods	100	60
Final Examination Marks:		
Foods and Nutrition	100	50
Home Management	100	50
General Methods	100	50

Course of Study for Interim Elementary Home Economics, Type B Certificate

---

Length of Course

The course will be given in two summer terms of five weeks each. One part only may be taken at a time. Part I must be completed successfully before Part II is undertaken.

Requirements for Admission

To the Course in Home Economics, Part I, will be admitted teachers who hold the High School Assistant's certificate, or the First Class certificate and, who have completed the course in Upper School Chemistry or its equivalent.

To the Course in Home Economics, Part II, will be admitted teachers:

(a) who have completed successfully Part I.

(b) who have completed the supplementary course in Home Economics at the Ontario College of Education.

(c) who hold the High School Assistant's certificate or the First Class certificate and who have completed successfully two years of the Associate course at Macdonald Institute, Guelph.

Application for Admission

Application should be made to the Deputy Minister not later than June 15th. Application forms may be obtained from the Department of Education after May 1st.

Certificates

A candidate who takes the subjects and passes the examinations prescribed for Home Economics, Part I, and Home Economics, Part II, shall be entitled to an Interim Elementary Home Economics Type B certificate, valid for part time instruction in Grade IX in Public and Separate, High or Continuation Schools, provided the teacher is otherwise qualified to teach in such schools.

NOTE: A candidate who holds the Elementary Home Economics Type B certificate, and who has fulfilled the other conditions of admission to the Ontario College of Education (see University of Toronto Calendar, Ontario College of Education, 1939-40) may be admitted upon application to the College of Education to the course for the Interim Intermediate Home Economics certificate in January. Such candidate will be exempted from attendance during the fall term.

OUTLINE OF COURSE OF STUDY

HOME ECONOMICS, PART I AND PART II

A. LECTURES AND DISCUSSION:

1. Subject matter included in Course of Study for Grade IX:

(a) Personal Appearance and Deportment;
(b) Clothing;
(c) Crafts;
(d) Canadian Home Life;
(e) Home Responsibilities;
(f) Nutrition and Health;
(g) Meal Management.

2. Equipment—selection, use and care.

3. Methods of Teaching and demonstrations.

B. LABORATORY WORK—similar to that expected in Grade IX in each phase of the course.

C. STANDING OF STUDENTS:

To obtain credit in the subjects of Home Economics, Part I, and Home Economics, Part II for the Elementary Home Economics Type B certificate, a candidate must (a) attend regularly the classes in that Part at the Summer School, (b) complete satisfactorily the work prescribed and pass the tests and examinations.

Course of Study for Interim Elementary Home Economics, Type A Certificate

---

Length of Course

The course will be given in two summer terms of five weeks each. One part only may be taken at a time. Part I must be completed successfully before Part II is undertaken.

Part I of the course will be offered at Toronto in 1939.

Part II of the course will be offered in 1940.

Requirements for Admission

To this course may be admitted teachers who hold the High School Assistant's certificate or the First Class certificate with qualifications for teaching in Continuation Schools, and the Elementary Home Economics Type B certificate.

Application for Admission

Applications should be made to the Deputy Minister not later than June 15th. Application forms may be obtained from the Department of Education after May 1st.

Certificates

A candidate who takes the subjects and passes the examinations prescribed for each Part shall be entitled to an Interim Elementary Home Economics certificate, Type A, valid for part time instruction in Grades IX and X in High or Continuation Schools or Collegiate Institutes, provided the teacher is otherwise qualified to teach in such schools.

OUTLINE OF COURSE OF STUDY

HOME ECONOMICS, PART I

A. LECTURES AND DISCUSSION:

Subject matter included in Course of Study for Grade X:

(a) Family Relationships;
(b) Clothing;
(c) Crafts;
(d) Care of the House;
(e) Care of the Pre-School Age Child;
(f) Family Meals.

B. SEMINARS:

I. Equipment.

II. Methods of Organization and of Instruction.

III. Interpretation of the Course of Study and enlargement for instructional purposes.

C. LABORATORY WORK—similar to that expected in Grade X in each phase of the course.

D. STANDING OF STUDENTS:

To obtain credit in the subjects of Home Economics, Part I, and Home Economics, Part II for the Elementary Home Economics Type A certificate, a candidate must (a) attend regularly the classes in that Part at the Summer School, (b) complete satisfactorily the work prescribed and pass the tests and examinations.